

Lowcountry AHEC Staff Dress Up for a Cause

Debbie Anderson, Continuing Education Coordinator, Lowcountry AHEC

Fun with a purpose best defines "Trick or Can," Lowcountry AHEC's effort to aid local food banks.

Staff members dressed up for Halloween and collected canned items from local offices. Other supporters included Colleton County businesses and community members, and a special group of Lowcountry AHEC Health Career Academy students. Each Health Career Academy student received a one-hour community service credit for every six cans donated to the "Trick or Can" program.

The containers of donated canned goods were taken to local food banks, including St. Jude's Episcopal Church, Edgewood Baptist Church and North Walterboro Baptist Church, to be distributed throughout the community. The cans delivered

to St. Jude's were given out on Thanksgiving Day to community members who came to have

Thanksgiving lunch. Seven Lowcountry AHEC Health Career Academy students volunteered to serve 750 people.

The coordinator for this community-service project was Tulsa Maxham who is the Continuing Education Program Assistant for Lowcountry AHEC. Tulsa (pictured as Cinderella) is involved in other community organizations, but had an idea to bring community service to her workplace. Her creativity was featured in the Nov., 3,

2009 edition of *The Press and Standard*, a Colleton County newspaper. Lowcountry AHEC appreciates the efforts of everyone who participated and is thankful for the opportunity to serve.



Pictured in the Back Row: Tulsa Maxham (CE Program Assistant), Diane Kennedy (Center Director), Ann Graef (AHA Training Center Coordinator) and Kelly Wynn (Administrative & Database Management Assistant) Front Row: Kim Stephens (HPS Coordinator) and Debbie Anderson (CE Coordinator).

Marion Burton to Lead AAP

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NOTE: Dr. Burton has been an integral part of the South Carolina AHEC system for many years. Prior to his appointment at the University of South Carolina School of Medicine, he served on the faculty of the Anderson Family Medicine Residency Training Program for 17 years, assuming the positions of Director of Pediatric Education and Associate Director of the Residency Training Program. Dr. Burton has been involved with the Rural Physician Program since 1993 and has served as its Board Chair since 2002. He also implemented the South Carolina AHEC Locum Tenens Program in 1994 and has been the Medical Director since its inception.

A pediatrician from the University of South Carolina School of Medicine has been elected to lead the

nation's most prestigious organization for the health and well-being of children.

Dr. Marion Burton, director of community pediatrics at the medical school and associate dean for clinical affairs, was installed October 19 as president-elect of the American



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Academy of Pediatrics. In October 2010, Burton will become president of the organization, which comprises 60,000 pediatricians.

Burton said the award gives him the opportunity to broaden his work for children.

"This is an opportunity to serve children and my pediatric colleagues in a broader sense than I have ever been able to do before," Burton said. "The American Academy of Pediatrics is internationally respected for its commitment to the health and well-being of infants, children, adolescents, young adults and their families. I consider my election as president-elect to be an extraordinary honor personally and professionally."

Dr. Richard Hoppmann, dean of the medical school, said Burton's unwavering commitment to children and families will serve him well as the AAP president.

"Throughout his career in medicine, Dr. Burton has been an advocate for children and their parents," Hoppmann said. "It comes as no surprise to those of us who have worked with him that he will lead the American Academy of Pediatrics. He represents outstanding faculty in our School of Medicine, and he brings distinction to our medical school and the University of South Carolina through his leadership."

A native of Abbeville, Burton was reared by his grandparents after his parents died. He graduated from Abbeville High School and earned his bachelor's degree from Clemson University. After graduating from the Medical University of South Carolina (MUSC), he continued his medical training in Charleston and at the Medical College of Georgia. Burton began his career in pediatrics in Anderson and taught in a primary-care residency program. He joined the faculty of the University of South Carolina's School of Medicine in 1991 to establish a Division of Community Pediatrics and became medical director for the South Carolina Department of Health and Human Services. He is responsible for reviewing Medicaid policies and services to ensure medical efficacy and approves treatment plans for individual patient cases for

Medicaid, which provides healthcare coverage to approximately 930,000 low-income and disabled South Carolinians each year.

"We're thrilled the academy selected Dr. Burton for this important position," said Emma Forkner, director of the South Carolina Department of Health and Human Services. "His medical expertise, sound judgment and genuine compassion for patients and families in need have been invaluable assets to our agency and the people of South Carolina. We're extremely fortunate to have a physician and patient advocate of his caliber serving the Medicaid program."

At the School of Medicine, Burton oversees the 210 physicians of the University Specialty Clinics and conducts locum tenens programs, which enable rural pediatricians to take time off from their practices by having other pediatricians fill in for them. A fellow of the American Academy of Pediatrics, Burton helped establish 75 partnerships placing public-health professionals with practicing physicians to create medical homes for children. The group cares for children in University Primary Care offices, the South Carolina Juvenile Justice System and special healthcare needs clinics.

Burton's medical leadership roles include past president of the South Carolina Medical Association and South Carolina Pediatric Society. His extensive AAP service includes being chair of the AAP American Medical Association Delegation and holding numerous national offices within the organization. Among his honors are the Abraham Jacobi Award for long-term national contributions to pediatrics and the National Army Guard Flight Surgeon of the Year for excellence in care for military flight crews.

Burton and his wife, Debbie, have six children and seven grandchildren.

South Carolina Area Health Education Consortium

Executive Director
David R. Garr, MD

South Carolina AHEConnects Editor
Ragan DuBose-Morris, MA

Update from David Garr - South Carolina AHEC Executive Director



I was recently in Washington, DC to visit with the members of the South Carolina legislative delegation and to attend the meeting of the National AHEC Organization (NAO). I had productive discussions with the health affairs staff members in the offices of South Carolina's six Congressmen and two Senators. During my visit, I shared information about the important contributions being made by the South Carolina AHEC. I requested support for the higher level of funding for the nation's AHECs that was included in the House appropriations bill. In addition, I sought support for the bill before Congress that will re-authorize the funding for the next several years for the nation's AHEC system.

The meeting of the leaders of the NAO was quite informative. We learned from the Deputy Administrator of the Health Resources and Services Administration (HRSA) that there will be a greater emphasis on outcomes assessment of the federally-supported programs. HRSA has appropriated \$400,000 each year for five years to support a technical assistance program for the NAO designed to help document the outcomes of the work being done by the AHEC programs. HRSA will also be preparing a new strategic plan, and they plan to seek input from representatives from the various programs that receive funding from HRSA. Interprofessional education, prevention, documentation of outcomes, and increased service to grantees have all been mentioned as priorities likely to appear in the strategic plan.

Two members of the AHEC Program Office Team have been tapped for leadership positions at the national level. Ragan DuBose-Morris assumed the role of the co-chair of the NAO Communications Committee and Steve Boulanger as the co-chair of the NAO Committee on Research and Evaluation. Both Ragan and Steve have done a terrific job in South Carolina and they are now sharing their skills on a larger stage.

It is clear to me that the work being done by the members of our AHEC system is some of the most creative and exciting underway in any AHEC program. This distinction is a credit to those in our AHEC organization and to our relationships with collaborating partners across the state.

International Flight Nurse of the Year has AHEC Connection

*Cheri Plyler, MBA, Center Director,
Mid-Carolina AHEC*

On October 26, 2009, Mr. Jim Mobley, RN, was awarded the 2009 Katz-Mason International Flight Nurse of the Year Award. Mr. Mobley is the Program Director and Chief Flight Nurse of Regional One Air Medical Service based in Spartanburg, SC. This award is presented annually by the Air and Surface Transport Nurses Association (ASTNA) to an individual who "demonstrates exceptional leadership and has clearly made a positive impact on flight transport nursing on a global scale."

Upon receipt of this award, Regional One becomes the first air medical program in the world to have both an International Flight Paramedic of the Year and International Flight Nurse of the Year award recipients in the same program! When announcing the decision, the ASTNA Awards Committee stated that "Jim Mobley clearly stood out above the other numerous nominees and was most deserving of the award."

Jim Mobley brings the same level of passion, focus and expertise to the classroom. As an Advanced Stroke Life Support (ASLS) instructor, Jim Mobley has provided leadership to hospitals in establishing and implementing stroke protocol, as well as training for support staff across the state and internationally.

Over the last 12 months, with the support and guidance of Jim Mobley, Mid-Carolina AHEC implemented a regional ASLS initiative. Through this initiative, regional hospitals have had access to cutting edge research and training information, with over 250 health professionals attending ASLS training courses.

South Carolina AHEC is fortunate to work with such a distinguished colleague as Jim Mobley and congratulates him on this most prestigious award and acknowledgement of his accomplishments!

Human Trafficking Touches Carolinas

Cheryl Neuner, Continuing Education Coordinator, Pee Dee AHEC

As Continuing Education planners, we are subject to a myriad of topics and program requests from professionals and partners, but no request has impacted me the way that the topic of Human Trafficking recently did. Several months ago I was contacted by Kelly O'Neil-Bagwell, President of the Eastern Carolinas Coalition Against Human Trafficking (ECCAHT). She was campaigning across the state to help bring about better awareness of this issue and hoped to reach health care providers in South Carolina via the AHEC system.

I initially questioned the validity of this need. Was this even an issue here? If so, how did it impact health care providers? Following phone discussions, e-mails and personal research, my once naïve eyes began to open to the magnitude of this problem not just "globally", but within our state as well. It seems that human trafficking follows drug trafficking corridors such as I-95, making the Carolinas a most vulnerable area. Across the Carolinas, immigrant sex rings have been broken up in Monroe, Durham, and Columbia. In addition, the tourism associated with the Myrtle Beach area, and its association with the construction and hospitality industries, appears to evoke human trafficking as well.

Through information received from Sergeant Michael Hildebrand, a member of the Carolinas Institute for Community Policing (CICP) and an officer with the Greenville County Sheriff's Office, I learned that an estimated 500,000 to 2 million people are trafficked worldwide annually and that an estimated 15,000-18,000 are trafficked annually in the US. Although one might envision the sex industry as the only way victims are trafficked, there are many ways that people are victimized. Many industries involving hotels, restaurants,

construction trades and nail salons frequently force victims (often illegal aliens) into various forms of servitude where they are subjected to physical abuse and emotional trauma. I also discovered there have been arrests and convictions in South

Carolina. South Carolina is one of fewer than 10 states that has passed legislation banning human trafficking.

It is difficult to obtain accurate statistics regarding trafficking due to the covert nature of this unsavory business. Victims are often shuttled around from area to area and through measures of force, fraud, and coercion will not implicate their abusers. Typically victims are immigrants, lured here under false pretenses by their abusers with the promise of steady employment and a better life in the U.S. Upon arrival, traffickers often confiscate any immigration documents they may possess, limit

the amount of interaction they are allowed with the outside world and force them to work long hours for little to no compensation. In the Pee Dee area, victims are often known to be of Asian, Hispanic, or Eastern European descent and may have language barriers, further preventing communication to the world outside of the trafficking situation, which makes reporting of such atrocities even more difficult. For these reasons, the only contact these victims may ever have with the outside world will be with the health care provider providing care for the treatment of pregnancy, sexually transmitted diseases, or other injuries incurred by living such a high-risk existence.

Through my research, I discovered via the December 2008 issue of American Nurse Today, that over 600 nurse leaders who attended the 2008 American Nurse's Association House of Delegates meeting approved measures that build on the nursing profession's commitment to the needs of vulnerable populations. The resolution affirmed that human



Michael Hildebrand discussing a film clip that depicts the trafficking of a young Asian child.

trafficking is a global issue and pertinent to the public health of our nation. The resolution also advocated that RNs should be provided with the information and skills they need to properly identify and refer trafficking victims as well as encouraged to work collaboratively with their state nurses associations to support legislative activities to decrease the incidence of trafficking. Furthermore, the article stressed that nurses not only had a public health obligation to be aware of human trafficking but a *moral and ethical obligation* as well.

Traffickers, many of whom are of the same ethnicity as their victims, have been frequently known to impose negative cultural nuances, religious taboos, and familial threats upon their victims as an added means of coercion and domination over them.

Through partnerships with the ECCAHT, the CICP, and Hope Health/The Care House of the Pee Dee, Pee Dee AHEC planned two programs on Human Trafficking - one in the Myrtle Beach area and a repeat the following day in Florence. The program presented three perspectives. The first was from the local perspective regarding what is happening in the Myrtle Beach area. The second was the law enforcement perspective related to trafficking was given with an emphasis on victim identification and assistance. The final perspective, from Elizabeth Hopper, Ph.D., addressed the psychological effects of human trafficking including Post Traumatic Stress Disorder. All three faculty provided examples and suggestions of what we, as health care providers, can do to identify and assist victims.

Representation from several disciplines including Nursing, Social Work, Law Enforcement, and Victims' Assistance Advocates were there, making for interesting group discussions during the day. A filmed dramatization was shown during Sergeant Hildebrands' presentation from the law enforcement perspective depicting the methods traffickers use to victimize a young foreign child in the sex trafficking industry.

Dr. Hopper, a clinical psychologist and program director of project REACH-a Massachusetts program that serves victims of human trafficking throughout the United States, has conducted national outreach in the area

of trauma and human trafficking. She recited many accounts of trafficking victims who she encountered in her work. Traffickers, many of

whom are of the same ethnicity as their victims, have been frequently known to impose negative cultural nuances, religious taboos, and familial threats upon their victims as an added means of coercion and domination over them. She explained that even when the victim is removed from the situation, the trauma often imposes long term and possibly even

life-long effects on the victim's psychological well-being. Dr. Hopper distributed a care manual to participants that included information regarding the "Victims of Trafficking and Violence Protection Act of 2000". This act is the largest anti-slavery law that the U. S. has adopted since 1865. It helps to protect victims who are compliant with the prosecution of their abusers, ensures medical care along with other services and assists in the prevention of deportation-a huge fear factor among victims. In the final minutes of the presentation, Dr. Hopper also warned against "Vicarious Trauma and Self-Care for the Caregiver". In essence, as health care providers we can also be subject to psychological trauma as a result of being exposed to those surrounded by trauma and violence. She cited examples of self-care behaviors in the prevention of this phenomenon.

Judging from the evaluations, the participants were both startled and moved by the information received and gained powerful insight into how they can incorporate assistance to these victims should they encounter them in their practices.

Mid-Carolina AHEC Working with HIV/STD Conference

Pam Bartley, RN, Continuing Education Coordinator, Mid-Carolina AHEC

Mid-Carolina AHEC was a proud cosponsor of the 26th Annual SC HIV/STD Conference, “Embracing Challenges, Embracing Change” held October 14-15, 2009 at the Columbia Metropolitan Convention Center, Columbia, SC. This educational offering provided an opportunity for over 400 professionals and community members to engage in dialogue and share past successes, common concerns, and hopes for the future. Each year the conference strives to address the overlapping epidemics of HIV and STDs, by building on successful prevention, treatment and care strategies.

Conference participants:

- learned about new developments in HIV and STD prevention, care and treatment;
- discussed cutting-edge strategies and applications that are responsive to the needs of individuals and communities;
- discovered current and emerging policy issues and trends and their relationship to education, prevention and care;
- developed the skills needed to address the multidimensional factors that influence behavior and risk reduction efforts;
- exchanged personal and community resources for professional and lay caregivers; and
- engaged in networking with more than 400 conference attendees and exhibitors.

Keynote speakers were: JoAnne Keatley, MSW, Director of the Center of Excellence for Transgender HIV Prevention presenting “*Transgender Health and HIV*”; Gustavo Acquino, MPH, Associate Director of Program Integration for CDC presenting “*Program Collaboration and Service Integration: Enhancing the Prevention and Control of HIV/AIDS, Viral Hepatitis, STD’s, and Tuberculosis in the U.S.*”; Stephan Adelson, Consultant to the National Alliance of State and Territorial AIDS Directors, presenting “*The Internet and Public Health*”; and Archbishop Joyce Turner Keller, PhD, founder and CEO of Aspirations, a non-profit faith-based community service organization speaking on “*Positive Women*”.

In addition to the keynote speakers, more than 20 concurrent sessions were held on a broad range of topics including HIV testing patterns in South Carolina, STDs and their impact on women, case studies in opportunistic infections, Hepatitis C and addiction, recommendations for perinatal HIV prevention and new frontiers in technologies relevant to public health interventions.

Healthy Scenes from Across South Carolina



On October 20, 2009, Pee Dee AHEC facilitated an Interprofessional Service Learning session with third grade students who take part in the After-Care Program at the Florence Family YMCA. Pictured with South Carolina AHEC Executive Director, Dr. David Garr, is an YMCA staff member, a small group of third grade students and Jason Gandy, who is a medical student at the Medical University of South Carolina. Jason, along with two Physician Assistant students (not pictured: Anna Reese and Chris Egan), led the group of third graders through interactive educational sessions on exercise and healthy eating habits. This program is part of the Junior Doctors of Health curriculum that gives health professions students the opportunity to learn how to communicate health awareness topics to different populations.

20th Annual Family Medicine Interest Day Encourages Students

The 20th Annual South Carolina AHEC Family Medicine Interest Day was held on August 29, 2009 at The Embassy Suites in Columbia, SC. This event was sponsored by the Statewide Family Practice Residency Directors, the South Carolina AHEC and the South Carolina Academy of Family Physicians. The purpose of this program is to stimulate interest and enthusiasm in the field of Family Medicine.

A total of 68 medical students from 17 medical schools attended the Interest Day. Members of the Academy attended the opening luncheon to talk with the students and explain the specialty of Family Medicine. Academy representatives attending this year were: Dr. Griffin Cuspid, Board Chair and Past President, who graduated from the USC School of Medicine and the Spartanburg Family Medicine Residency Program and practices in Cowpens; Dr. Stoney Abercrombie, Board Member, who graduated from MUSC and the Greenville Residency Program, and is Director of Medical Education and Director of the Family Medicine Residency Program at the Anderson Area Medical Center; Dr. Gary Goforth, Board Member, who graduated from Vanderbilt School of Medicine and Tripler Army Medical Center Residency Program and is Director of Medical Education and Director of the Family Medicine Residency Program at Self Regional Healthcare; and Ms. Paquita Turner, Executive Vice President of the Academy who has worked with the Academy for 27 years and became Executive Vice President in 1991. Ms. Turner has worked collaboratively with the South Carolina AHEC for many

years. All of these Academy members are true champions for family medicine in South Carolina!

After lunch, each student selected four hands-on workshops conducted by South Carolina AHEC's eight Family Medicine Residency

Training Programs' Directors and faculty. The hands-on workshops included: Episiotomy Repair—Anderson; Patient Simulation: Caring for the Unstable Patient—Charleston; Delivery and Infant Care Simulation—Columbia; Circumcision—Florence; Basic Suturing Techniques—Greenville; Casting—Greenwood; Wilderness Medicine—Seneca; and Vasectomy—Spartanburg.



Students Simulate Caring for an Unstable Patient



Dr. Gary Goforth, Director of the Family Medicine Residency Program at Self Regional Healthcare, Oversees the Application of a Cast

After the hands-on workshops, medical students attended a recruiting fair where South Carolina's eight Family Medicine Residency Programs' and four out of state residency programs discussed their respective residency programs with the students, in the hopes of recruiting them when they graduate from medical school.

For additional information, contact

Becky Seignious at seignior@musc.edu or 843-792-4439.

Perspectives: Childhood Obesity

Cheryl Neuner, Continuing Education Coordinator, Pee Dee AHEC

On October 8, 2009, a program encompassing perspectives related to the issue of childhood obesity was conducted in Florence, SC. According to Pamela Clark, MD, who is a Pediatric Endocrinologist at McLeod Regional Medical Center and committee member of the South Carolina Institute for Childhood Obesity and Related Disorders (SCICORD), the issue of childhood obesity is rising to epidemic proportions.

While sharing her perspectives on this issue, she cited some frightening statistics specific to our state. In 2008, South Carolina ranked 7th in adult obesity and 65% of us are overweight or obese resulting in over \$1 billion in annual health care costs for our state. This trend is starting earlier than ever with 28% of children ages 2-5 years in the lower socioeconomic strata being overweight or obese. Moreover, African American children are at the greatest risk - nearly half of children are overweight or obese resulting in a myriad of obesity-related health disorders including asthma, sleep apnea, hypertension, gallbladder disease, gastro-esophageal reflux disorder, and orthopedic problems. One of the most startling co-morbidities associated with childhood obesity are the endocrine disorders evolving with our youth. Type II Diabetes was once considered an "adult onset" disorder. Fifteen years ago it accounted for less than 3% of new cases of new-onset diabetes. Now, 15 years later it accounts for 45% of new cases, with 20% of diabetes cases in adolescents. The severity of Type II Diabetes is worsening as well with higher prevalence of microalbuminuria, which can lead to kidney disease and failure as well as hypertension and its resulting sequelae including cardiovascular disease.

How are our children becoming obese? Many theories were introduced including some interesting insight from Dr. Russell Pate, Professor in the Department of Exercise Science-Arnold School of Public Health, University of South Carolina. First, our society has changed from that of one rich in

physical activity to a typical environment that is "rich in sedentary forms of entertainment". Other environmental changes that have affected obesity rates identified by the faculty included frequency of dining out, cost of "healthy" foods, lack of safe resources near home for activity, the media promotion of unhealthy foods/portions, lack of family meals together, and increased use of TV/ computer/video games instead of physical activity. Decreased physical activity paired with dietary changes has greatly contributed to this problem.



Mac Russell, Registered Dietitian, is holding up plates that demonstrate normal portion control.

Mac Russell, Registered Dietitian and SCICORD member indicated in her presentation that it is not only "what" our children are eating, but "how much" they are consuming. She explained to the group that what we are consuming as a society is typically fast-food, restaurant or convenience foods which are typically high in fat, sugar, sodium, and calories. In addition, we have become a "Super Size It" generation, sometimes doubling our portions from what we once typically ingested. Mac used some extremely influential visual aides including a Ziploc bag containing the 30 teaspoons of sugar typically found in a standard issue Sonic "Slush" drink. That particular image was truly worth a thousand words as illustrated by the surprised gasps stemming from the participants.

So how do we combat childhood obesity? Both Faren Kilpatrick, Youth Fitness Director for McLeod Health and Fitness and Jim Shaw, "Safe Schools" Coordinator with Florence, SC School District One agreed that physical activity is key to combating this problem and shared the local perspective on what is happening in Florence. Kilpatrick described "X-erplay", a youth program implemented locally through the McLeod Health and Fitness Center that incorporates game-playing with exercise. Some of the "X-erplay" games were demonstrated by Kilpatrick's young daughter, "Faith", and another "X-erplay" leader, "Riley".

Jim Shaw shared with the group the local school district framework for the school wellness program

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that includes regulating the presence of vending machines in school and what is found inside of them. For example, none of the vended snacks may contain more than 200 calories or derive more than 35% of their calories from fat or 10% from saturated fat, and have no more than 35% of their total weight composed of sugar. Healthier options are being incorporated into the school's meal program planning. The more the school districts comply with the "Healthy Schools Program" framework (which stems from the "Alliance for a Healthier Generation"), the more recognition the schools may receive, resulting in nationally awarded bronze, silver, gold, and platinum levels.

However, all presenters reiterated that as school systems and health care service providers we are limited in the amount of impact that we can have on this population of children without enlisting the cooperation and support of the family unit. Parental support and involvement are imperative. Poor nutritional choices and sedentary lifestyles are often demonstrated by the parents of these children. As Kilpatrick stated, "We control what activity we do and don't do! Our children do not drive themselves through the drive-thru and pay for their own meals!" Furthermore, the Department of Health and Human Services cites that overweight adolescents have a 70% chance of becoming overweight or obese adults and that statistic increases to 80% if one or more parent is overweight or obese. It is imperative that for any impact to be made on this problem, parents must be better nutritionally educated and willing to lead by example in establishing a healthier lifestyle for themselves as well as their children.

The faculty concluded that we, as a state and a nation, are taking the initiative to combat this epidemic. The "Eat Smart, Move More SC" campaign is another state-wide initiative to coordinate obesity prevention and bring about better awareness.

In essence, the poignant messages brought forth by this program forced us as healthcare providers of many disciplines to ask ourselves these difficult questions: What can we do within our realms to better promote healthier lifestyles in the children and teens impacted in our daily practices? How many "Happy Meals" are our children away from becoming morbidly obese and more importantly, what measures are we taking now to prevent it?

For additional information about Continuing Education programs, please visit www.peedeeahec.net.

UPCOMING EVENTS

Promoting Diversity in Healthcare:

Building a Lasting Contribution

Monday, February 22, 2010
Columbia, SC

Register at:

www.scahec.net/diversitysummit.html

7th Annual South Carolina Nursing Excellence Conference

Current & Future Trends for Nursing Excellence

June 15-18, 2010 • Charleston, SC

More Information at: www.scahec.net

South Carolina Rural Interdisciplinary Program of Training (SCRIPT)

May - June, 2010
Statewide Offerings

More Information at:
www.lcahec.com/script.html

Summer Careers Academy

June 6-11, 2010 • Charleston, SC

More Information at: www.scahec.net

Health Careers Summer Institute

June 15-18, 2010 • Rock Hill, SC

More Information at: www.scahec.net

Pee Dee AHEC Health Careers Students Show Up In Record Numbers

Tavy Smalls, Health Careers Coordinator, Pee Dee AHEC

On Saturday, November 21st, the Health Careers Program at Pee Dee AHEC held its monthly meeting. Eight-five students were in attendance to receive information concerning financial assistance for college and career information from a registered nurse at McLeod Regional Medical Center. This was by far the largest group in attendance at any Health Careers Academy meeting in the Pee Dee AHEC region and speaks to the commitment level of students in the region.

Students were presented with very beneficial information during the day's activities. Kelly Williams, Financial Assistance Counselor at Francis Marion University, provided excellent information concerning scholarships, tuition, and available monies. Ms. Williams discussed the Palmetto Fellows Scholarship, Hope Scholarship, and the Life Scholarship. She talked about criteria for the scholarship, which students are eligible for the scholarship, and renewal policies for each scholarship. Ms. Williams also focused on FAFSA (Federal Application for Federal Student Aid). She strongly advised each student to send in this application as soon as they could. Ms. Williams stated that funds would be disseminated according to the time that the application was received. Grants and loans for college were also discussed in detail.



After receiving important financial aid information, the students were eager to obtain information concerning careers in health. Ms. Kristin O'Neal, a Registered Nurse in the medical intensive care unit at McLeod Regional Medical Center, was the next to address the group. Ms. O'Neal made it very clear that she has a passion for health care, and she deeply loves nursing. Ms. O'Neal captivated the students with her story of perseverance, strength, spirituality, resilience, and will power. Ms. O'Neal spoke of her children and how they were important in her educational process. She said, "I wanted to be someone my kids could look up to and be proud of." She received her Associate's Degree from Florence-Darlington Technical College. She became a Registered Nurse in 2008. Students asked Ms. O'Neal questions about her educational process and her decision to become a nurse. A wealth of knowledge and inspiration was provided to the students from this one-of-a-kind nurse.

*"I wanted to be someone
my kids could look up to
and be proud of".
- Kristin O'Neal*

Many schools around the Pee Dee Region had students among the 85 students that attended the Pee Dee AHEC event. Students attended from Darlington High School, Mayo High School for Science, Math, and Technology, Lamar High School, Hartsville High School, Wilson High School, West Florence High School, South Florence High School, Hannah-Pamplico High School, Timmonsville High School, Lake City High School, the Academy for the Arts, Science and Technology, Lee Central High School, Marlboro County High School and Sumter High School.

Students in the Health Careers Program at Pee Dee AHEC meet every third Saturday of the month, in the Family Medicine Building at McLeod Regional Medical Center. Freshmen meet at 8:30 am, sophomores meet at 10:00 am, juniors meet at 11:30 am and seniors meet at 1:00 pm. Pee Dee AHEC plans to continue to make great strides this year when it comes to connecting students with health careers.

For more information about Pee Dee AHEC Health Careers Programs, contact Tavy Smalls at tsmall@mcleodhealth.

The Life of a Nursing Student

The life of a nursing student is very demanding. As a junior nursing student at South Carolina State University (SCSU), I have had an array of rewarding and “eye opening” experiences. Although my student experience has been excellent, it has not been without challenges.

The SCSU nursing program is very rigorous. All nursing programs probably are. I have learned to be diligent in my work, prioritize my tasks, and to seek help when needed if I plan to be a successful nurse. This has meant sacrificing the occasional social opportunity in order to prepare for a class or exam. I was fortunate to have participated in the South Carolina AHEC 2007 Nursing Careers Academy which helped to prepare me for these challenges and development of these basic success skills prior to actually entering the nursing program.



The summer prior to my freshman year, I was accepted as a Nursing Academy Fellow. Participating in the Nursing Academy was very beneficial, and has been instrumental in helping me to matriculate through the SCSU nursing program. I took part in several activities that gave me insight into the curriculum of a nursing student, both didactic and clinical. The clinical experiences have given me an advantage over many of my peers, particularly those who were unfamiliar with the simulation mannequins. I found the Academy's team building activities very useful in recognizing the use of effective time management techniques. Networking with nursing faculty from the Medical University of South Carolina College of Nursing and the opportunity to shadow practicing nurses was a great opportunity.

The life of a nursing student is very demanding and challenging. But having insight into the program demands can make life a little easier. As my first semester as a nursing student winds down, and I eagerly look forward to the long holiday break, I am just eager to continue my education and training on my way to becoming a registered nurse.

- Joanne Dietrich, Junior Nursing Student, South Carolina State University

June 6-11, 2010 Medical University of SC

\$200 Stipend/Lodging Provided

The Academy is a one-week program designed to help students prepare for entry into health careers training programs.

You will learn about:

- Admission requirements of South Carolina nursing, dental and medicine programs
- Financial assistance resources
- Academic success skills
- Disciplines and techniques of nursing, dentistry and medicine
- Educational/professional opportunities

Application package must be submitted by April 3, 2010.
Information at www.scahec.net.



Faith-Based Health Career Fair Held

Vivian Hailes, Wesley Chapel United Methodist Church

The Wesley Chapel United Methodist Church held a Health Career Fair in Lake City, SC on September 26, 2009. This event was a direct outcome of the Pee Dee Coalition for Health Careers Faith-Based Initiative workshop which was held in April 2009. Attendees of the Coalition's workshop, received step-by-step essentials which allowed for the effective planning of the church's first career fair that highlighted a variety of health professions and community agencies to support student success.



The Coalition's Career Fair Guide was invaluable in the implementation of the Wesley Chapel Health Career Fair. The program was successful in promoting health careers among church and community youth. As outlined in the Guide, the initial step was to recruit a team of volunteers from the church to assist in the planning and facilitation of the fair.

The team consisted of Vivian Hailes, who served as the coordinating chairperson; Dr. Morris E Brown, Health and Wellness chair; Chantee Pringle, Feeding Ministry representative, church member and newspaper journalist; and Brad McClam, and Shanny Singletary who represented the Youth Ministry. Eric Daniels volunteered to provide the artwork for promotional posters and fliers. The committee was successful in securing the participation of local practicing health professionals and the promotional support of the local media.

The church's Family Life Center provided a perfect and convenient location to host the event. Latosha Goodson, Pee Dee Coalition chair, and Linda Coe, Coalition member were instrumental in helping to outline the agenda, and secure health training program representatives and door prizes. On the day of the event, Ms. Goodson and Ms. Coe provided information to participants on health career options. The participation of coalition members served to increase the impact of the Health Careers Fair.

The program committee has received very positive feedback from both the participants and community. Wesley Chapel extends a sincere appreciation to the Pee Dee Coalition of Health Careers for providing useful resources and for their support and participation, and looks forward to future health career exploration events.



Interested in Learning More About South Carolina AHEC Health Careers Programs?

Complete an information request form online at www.scahec.net. Information will be sent to you for any of our programs.

Programs Include: Health Careers Academy, Summer Programs & Nursing, Dental & Medicine Academy

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Therapeutic Taping... It's Not Just Simple Taping, Any More!

*Kay Lambert, Allied Health Education Coordinator,
Pee Dee AHEC*

When rehabilitation professionals approached Pee Dee AHEC about providing a continuing education program on therapeutic taping, I thought about the old ace bandaging of years past. Well, that is a dinosaur age away from the modern aspects of using Fabrifoam Wraps, Straps, Hypafix/cover rolls, Kinesiotape, or Theratogs™ as demonstrated by an expert presenter and Physical Therapist, Trish Martin. Ms. Martin is the Satellite Manager of the Children's Hospital for Rehabilitation, at the Cleveland Clinic in Westlake, Ohio.

Physical Therapists, Occupational Therapists, and Athletic Trainers enrolled in the two- day class so quickly that an additional class was added. The application of tape, as even the presenter initially thought, sounded a little skeptical in its application and success in patient care. However, seeing the astoundingly positive outcomes, makes the therapeutic taping a success. The skills necessary for rehabilitation staff and athletic trainers demand a keen sense of the muscles in the body as well as the manual skills and knowledge regarding the proper application of taping for therapeutic measures.

Although therapeutic taping received world-wide attention in the last Olympic Games and is now used by Lance Armstrong, David Beckham, and tennis players at the French Open, it is not entirely new. Ms. Martin explained that the taping was initially invented in 1973 by Kenzo Kase, M.D. in Japan. He believed that muscles and other tissues could be treated by outside assistance, and he looked for an elastic tape that would assist the normal function of tissues. Dr. Kase began experimenting with tape, but he could not get the desired result that he wanted. He then began to develop a new type of tape, and in the late 1980s, it was first used on volleyball players. Today, this tape is used by every professional sport in Japan and is also being used by professional teams in the United States and Europe. It officially was introduced in the United States in 1995.

Ms. Martin taught about improved alignment and neuro-muscular re-education while using class participants in her demonstrations. A five year-old

child who had been involved in a motor vehicle accident also participated in the training. The program participants collectively had to use their new training skills to determine the best taping techniques for the improved alignment for this child.



Ericka Rowe, Athletic Trainer practices taping with her husband Athletic Trainer, Allan Rowe.

Physical Therapists, Occupational Therapists, and Athletic Trainers proved to be high energy healthcare providers. During this training, they demonstrated exuberance and determination to be able to better serve as "cutting edge" healthcare providers for patients in the Pee Dee region of South Carolina.



For more information about Pee Dee AHEC Continuing Education Programs, visit www.peedeeahec.net.

Kathleen Porath Joins Upstate Team

Kathleen Porath, BSN, RN joined the Upstate AHEC team as a Nursing CE Coordinator in August. A resident of McCormick, Kathleen comes to Upstate AHEC with a wide range of knowledge and experience.

For 11 years, Kathleen was the Coordinator of Continuing Education for Health Professionals at Lakeland Community College, in Mentor, Ohio. In that role, Kathleen not only assessed needs, planned, marketed, implemented, and evaluated programs; she also served as liaison with various health professional licensing boards and was responsible for maintaining and renewing the Ohio Board of Nursing Providership for nursing CE.



Earlier in her career, Kathleen was a Director of Educational Programming for Clinical Health Laboratories, an instructor for childbirth education and sibling classes, and a staff nurse. She received her Bachelor of Science Degree in Nursing from St. Xavier College in Chicago, Illinois and has active registered nursing licenses in both Ohio and South Carolina. Kathleen is a member of Sigma Theta Tau, Inc, the National Honor Society of Nursing and has special interests in lifelong learning, research and development, and holistic health.

Contact Kathleen Porath at kporath@upstateahec.org.

Jennifer Larke Joins Program Office Team

Jennifer Larke joined the South Carolina AHEC Program Office in November to take over for the retired Michel Porter as Dr. David Garr's Administrative Assistant.



Prior to joining AHEC, Jennifer most recently served as the student recruiter in the Medical University of South Carolina College of Dental Medicine. Before moving to South Carolina, Jennifer was the Sports Information Director at Lake Superior State University and also served as marketing director for two minor league hockey teams in Canada and Michigan.

Jennifer and her daughter, Taylor (15) have lived in Mount Pleasant for the past six years after moving from Michigan's scenic upper peninsula. She is a 1994 graduate of Lake Superior State University with a BS in Business Administration.

In her spare time, Jennifer enjoys watching her daughter compete in three sports at Wando High School and is a regular at her gym's spinning class.

Contact Jennifer Larke at larke@musc.edu.

Office of Healthcare Workforce Analysis & Planning Adds Staff

Jennifer Sabino is a new Research Assistant for the Office of Healthcare Workforce Analysis & Planning. She will be assisting the Director, Linda Lacey, with the development of reports and publications to inform diverse audiences about healthcare workforce issues.

Jennifer graduated from Carnegie Mellon University in 2006 with a BS in Psychology. Originally from Long Island, Jennifer spent the past two years at the University of Alberta in Edmonton, Canada, where she was a study coordinator examining the long-term effects of aging and Parkinson's Disease.

Jennifer Sabino can be reached at sabino@muscd.edu.



Mid-Carolina AHEC Announces New Health Careers Coordinator



Mid-Carolina AHEC welcomed Erica L. Davis as their Health Careers Coordinator in November. In this role, Erica works closely with middle and high school students within the 11-county region. Her responsibilities include coordination and implementation of all aspects of the Health Careers Program which is designed to increase the number of under-represented minority students entering the health professions arena.

Erica is a graduate of Northwestern High School in Rock Hill, SC and received her Bachelor of Science in Physical Education/Athletic Trainer from the University of South Carolina. She is also qualified to administer the Healthy Kids Survey.

For questions or interest regarding Mid-Carolina AHEC's Health Careers Program, please contact Erica at 803-287-4900 or ericadavis@comporium.net.



Save the Date!

The 7th Annual Nurse Aide Training Coordinators & Instructors Workshop is scheduled to take place on April 21, 2010 at the SC Hospital Association. This conference attracts nurse aide training coordinators and instructors in long term care from all across South Carolina. Visit www.scahec.net for more information and to register!

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CALL FOR ARTICLES:

The editorial staff of "South Carolina AHEConnects" welcomes the submission of articles, success stories and upcoming events for the Summer Edition.

Please forward information, articles and photos to Ragan DuBose-Morris at duboser@musc.edu. The deadline for submissions is April 1, 2010.